

## PRACTICAL SUGGESTIONS



WHEN travelling, I would put my hat in a paper bag for protection and then in a calico bag for convenience.

S. A. M.

ONE thing that my patients have appreciated very much has been my putting roses in boxes at night, well sprinkled, just as they come from the florist. Kept in a cool place, they will be fresh and dewey in the morning, the drooping stems rested, and unfolding retarded. Many of the waxy varieties also do well in boxes at night, but it macerates flowers of the daisy family.

S. F.

SOMEONE asked in the JOURNAL for a remedy for nervousness and sleeplessness in patients. I find that if a patient is able to sit up, a Scotch douche is excellent. It is administered as follows. Get the patient ready for bed, then let her sit on the side of a tub and pour first hot and then cold water down her spine, repeat this several times and rub the back briskly.

Another suggestion is to give hot chocolate or racahout.

L. T.

MISS LAMOYNE'S paper on tuberculosis spoke of the occupations of convalescent patients, one being the washing of milk bottles. Bottled milk is often insisted on by doctors and nurses as a protection against impurity and contamination, while others say the bottles are a means of carrying contagion. As a remedy, I have heard suggested the use of paper bottles, made from sterile paper and destroyed as soon as used. If it were possible to have these bottles it would be a means of avoiding the use of those washed by tubercular patients.

S. G. H., R.N.

FOR TRAVELLERS: Add a glass of jam or marmalade to the lunch basket.

Butter is easily carried in a jelly glass with tin cover.

Small lacquer trays make good plates and are light to carry.

Buy a silver-plated teaspoon at a ten cent store; if it is lost it is easily replaced.

I. P.

FOR LUNCHEONS: Chicken in any form does not keep well for an overland trip. Cold boiled meat, well seasoned, cut in thin slices, is delicious, also fresh boiled eggs, which can be carried nicely in candy boxes filled with oatmeal. Home-made stuffed dates and walnuts rolled in sugar keep well and give all the necessary sweets one wants.

I. R.

I HAVE found in travelling long distances that it is the relishes we long for, and that cost so much in the dining car. Here is a luncheon a party of us used on a long trip: Rolls and bread, not buttered, as the butter sinks into the bread and does not taste as fresh, it can be carried in a small glass jar; cold chicken; devilled eggs; home-made potato chips; evaporated cream; coffee; tea; chocolate; crackers; oranges and other fruits; cake, especially spice cake, as it keeps fresh for a week; olives; pickled beets; apple sauce; nut meats; mayonnaise dressing; grape fruit meat. All of these could be put into little glass jars with screw tops, such as peppermint sticks come in. Green cucumbers and lettuce, washed and wrapped in wet cloths, will keep cool and fresh and are fine for both sandwiches and salad. Tin cups, tin spoons, and a sharp case knife are useful and easily carried. The grape fruit, nuts, and fresh apples with the mayonnaise dressing make a delicious salad.

S. A. M.

SOMEWHERE I have read the following question: "Is it advisable for a nurse doing private work to have her own fountain syringe?"

I say no. Like most nurses, fresh from the hospital, I used to carry a syringe of my own, but a few years' time taught me it was a filthy habit, for few of us would like to have a syringe used for us, that had been used on a dozen or more cases, of all kinds, even if it had been thoroughly disinfected. There are very few patients who cannot afford to get one, if necessary.

But to be ready, in case of emergency, I always carry with me a rubber tube about three feet in length, a very small funnel, and several nozzles. The funnel and nozzle may be used with safety more than once, but I always destroy the tube and get a new one. This tubing can be bought for a few cents a foot, at any drug store.

E. J. H.

"THIS is the first time I ever sewed up a cervix on a sewing machine," said a doctor at the end of an operation, yesterday.

At the moment I was too busy to appreciate the pun, but it struck me hard later, and I pass it on for the amusement of my sister nurses.

Preparing for an operation in a small apartment, the dining table was found too big and clumsy and the kitchen table too small and light. Besides these, there were only small stands and a sewing machine. I suggested the latter. The doctor shook his head, but the bright young husband quickly dropped the extension, a leaf from the dining table was laid on to cover the place where the works were dropped in, a rough portiere being folded and put between to prevent slipping, and we had a tip top operating table and the cervix was "sewed up on the sewing machine."

"Did you ever think what a fine sterilizer a fish boiler would make?" a lawyer once asked me.

I never had, but I did then, and promptly bought one at small cost, which won much approval when it came up stairs with the instruments in the bottom and needles and other small articles in the cups which supported the perforated shelf, on which towels and dressings had been steamed.

The dealer of whom I bought it was an old friend, and I told him its purpose. He looked at it a moment, meditatively, and said,

"I have been making sterilizers to order for doctors at six dollars each and this beats them all out."

Needless to say this was before sterilizers were so plenty.

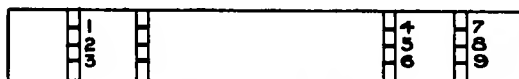
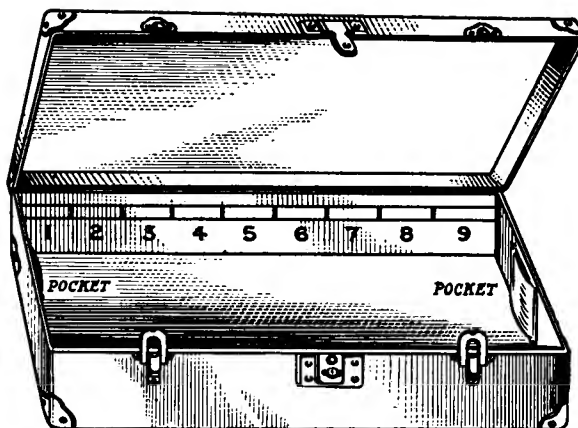
ELLEN BERTHA BRADLEY, R.N.

IN my private nursing, especially in long cases, I have found that the capacity of my suit-case is often greatly taxed in order to carry all the needful things for myself and patient. I finally found that the following arrangement helped out this difficulty to a great extent, and also that all my small nursing utensils could be carried safely and conveniently, while taking up little space.

I bought two yards of tape (linen color to match the lining of my suit-case), I tacked this lengthwise on the back, inside of the suit-case. I then fastened down this strip at intervals, leaving spaces just large enough to slip my different articles in and to hold them firmly in the sections, as illustrated.

On the opposite, or front, side, I tacked the tape vertically, placing the strips about four inches apart, and putting the tacks in each strip the same distance apart. This gives me small spaces in which I can slip my small articles such as thermometer, drinking-tube, catheter, etc.

At each end of the suit-case I made two pockets, about six inches long, of linen colored cambric with a flap which buttons over. In these I carry pins, safety-pins, thread, thimble, needles and the like.



**FRONT INSIDE**

**Articles carried in back of case**

- 1 Bottle of carbolic 3 iii
- 2 Hypodermic case
- 3 Medicine glass
- 4 Bottle of bichloride tablets
- 5 Surgical scrub brush
- 6 Feeding cup
- 7 Bottle of alcohol 3 iii
- 8 Roll of absorbent cotton

**Articles carried in front of case**

- 1 Glass drinking tube
- 2 Glass catheter
- 3 Thermometer
- 4 Douche nozzle
- 5 Enema nozzle
- 6 Pocket knife
- 7 Medicine dropper
- 8 Scissors (surgical)
- 9 Lead pencil

Another plan which I have found helpful is that I have written out a list of things I always need to carry in my suit-case, including a list of my own nursing clothes, as uniforms, aprons, etc. This list I pasted into the inside of the lid. Now I need only look at my list and see that the contents of my case correspond and I know I have everything with me, before starting out.

L. C. H., R.N.

I HAVE found that the old-fashioned lap-board (such as dress-makers use) is an excellent support for the tray of dishes to rest on, for a convalescent patient who is able to sit up in bed and eat her meals.

L. C. H., R.N.

A TRAVELLER'S EXPERIENCE.—Being a private nurse, I plead guilty to the charge made in the *MARCH JOURNAL*, that as a rule we prefer reading other nurses' experiences and opinions, to writing our own.

Having taken the trip from Boston to the Pacific coast last June, I have read the suggestions of the Editor of the *JOURNAL* to those nurses who intend going to San Francisco, with much interest. The ground has been so well covered that I have little to add, except my own personal experiences. I bought, beside my railroad ticket, a ticket for the tourist sleeping-car, over the Canadian-Pacific R. R. with the understanding that if I wished to do so, I could change into the Pullman-car by paying a little extra money, after leaving Montreal. The weather was hot and our car was full, but my fellow-passengers were, for the most part, a nice class of people, and we had a good porter. Let me say right here, make a friend of the porter, fee him liberally if necessary, as during the trip, he holds your comfort in the hollow of his hand.

Before starting, I had provided myself with a box of crackers, a box of beef capsules, a bottle of malted milk, a salt-shaker and tin saucepan, all of which fitted into a tin box which I placed in my dress-suit case. As I was travelling alone, I went to the dining car for my breakfast, which cost from fifty to sixty cents; and for my dinner, which cost one dollar. Both the food and service were excellent. In the middle of the day, I heated some water on the stove that is at the end of every tourist compartment and made a cup of beef tea or malted milk, which, with some crackers, made my luncheon. I carried two large paper bags, in the one I placed my hat and in the other the suit I wore on leaving home. An old thin silk dress proved the greatest comfort while travelling on the train.

Crossing the prairie, the scenery is inclined to be monotonous as the country is perfectly flat. As a rule towns built on the prairie are unattractive, owing to the absence of trees, which is very marked. You get a glimpse of the great lakes and by waking at day-break I saw Lake Superior, which is a wonderful sheet of water.

We reached Winnipeg at eleven o'clock at night, so that all I saw of the city was the very fine railway station, which was literally packed with emigrants. Everywhere train loads of emigrants were speeding west, such a train being easily distinguishable by the peculiar and horrible odor of "the great unwashed" which in time you learn to carefully avoid.

Before reaching the mountains an observation car is attached to the train, the glass sides affording an excellent view of the mountain scenery which I shall not attempt to describe. No one having seen those impressive heights can ever doubt the hand of the Creator and the words of the psalmist recur with greater force than ever before, "I will lift mine eyes to the hills, from whence cometh my help."

The building of a railroad through such a section of country is one of the marvels of modern engineering. While climbing to the summit our train had four engines attached to it, one ahead pulling and one in the rear pushing, with the other two in the middle of the train. The track is built very near the edge of the canyon and one shudders to think of the possibility of an accident in that locality. Scattered through the mountain fastnesses and surrounded by magnificent scenery are several fine hotels built by the Canadian Pacific Railroad at which the train stops long enough to allow the hungry passengers to enjoy a good dinner. The service, being either Japanese or Chinese, is excellent. Banff, Field and Glacier are considered the most attractive resorts in the mountains and one is inclined to linger among those lovely bits of nature and rather regrets the necessity of getting on the train promptly when the signal is given. Vancouver, the end of the line of railroad, is a thriving town, with big department stores, fine public buildings and handsome parks and with its bustling business energy is very much like an American city, and there, as elsewhere, the railroad has built a fine hotel, The Vancouver, where we were glad to avail ourselves of all those comforts that a modern civilization provides. The following day I took the boat at one o'clock for Victoria, and the weather being fine the trip of four hours proved delightful on the Princess Victoria, a very fine boat whose daily trip connects Vancouver with Victoria, which city is built on the Island of Vancouver and is surrounded by the Pacific ocean. The city is typically English and has a

charm all its own, being beautified by its magnificent trees and wealth of shrubs and flowers; each house has land about it sufficient for a garden and roses were growing everywhere, such roses as one never sees except on the Pacific coast. Their spring being much earlier than ours, the grass is burned yellow by mid-summer from lack of rain. The climate, however, is delightful, as they have no extremes of heat or cold.

By the courtesy of one of their leading surgeons, I witnessed three operations at the Jubilee Hospital, one an appendicitis occupying just twelve minutes. I was greatly impressed by the skill and celerity of the operating surgeon. The hospital, like many of our own, is in need of money and the linen, towels, etc., were of coarse quality, but the technical work as done by the operating nurse and her assistant was excellent. The operating surgeon, Dr. Ernest Hall, two years ago when a passenger on the S. S. Ivernia operated on one of the passengers in mid-ocean, who was on arriving in this port, sent to the Massachusetts General Hospital, and who recovered to bless modern surgery done under such trying conditions. St. Joseph's (Roman Catholic) Hospital is a handsome modern building, splendidly equipped for the care of the sick and beautifully situated on a hill in the centre of the city.

The trained nurses have their alumnae associations and like their eastern sisters they are hoping for registration and other changes which they see are needed in nursing. I must not forget to mention that one of the operations which I saw was conducted with open anaesthesia, the patient, a man of about fifty years, apparently not suffering, as the surgeon proceeded to operate until he complained of thirst when chloroform was given.

After spending eight delightful weeks among dear friends, I said good-bye to Victoria, hoping that some day I might return.

M. A. MACQUARRIE.



KOCH TO VISIT THIS COUNTRY.—*The Medical Record* states that in a recent interview Professor Robert Koch, who returned to Berlin a short time ago, after eighteen months' sojourn in Africa studying sleeping sickness, is reported as having announced his intention of taking a year's rest in travel, beginning with the United States. He is quoted as saying that he intended to leave for this country the end of March or early in April.